

42. A method for cleaning out the fecal matter in the colon of a human being by stimulating hypermotility of the intestines and maintaining said hypermotility of the intestines with inducing an osmotic imbalance in the intestines, said method comprising the steps of:

initiating the flow of diarrhea using approximately 15 grams to approximately 25 grams of a water soluble disodium phosphate powder dissolved in water without any additional electrolytes;

maintaining the flow of diarrhea initiated by said water soluble disodium phosphate powder using approximately 55 grams to approximately 65 grams of a water soluble polyethylene glycol powder, said water soluble polyethylene glycol dissolved in about 1 quart to about 1.5 quarts of water without any additional electrolytes, said water soluble polyethylene glycol powder having a molecular weight of between about 3000 Daltons and about 8000 Daltons; and

instructing the human being to drink said water dissolved disodium phosphate powder and said water dissolved polyethylene glycol powder at two different times during the day before the clean-out of the colon is needed.